

Exam Review 2018

Skeletal System
Types of Bones (Long, Flat...)
Bone Constituents
Site Diagram- Skeleton Bones
Highlighted from ACB
The Spine - features of general areas of the spine
Bone Disorders and Disease

Muscular System
Muscles to Memorize ACB
Types of Movement (Abduction/Adduction etc...)
Types of Muscle
Agonist/Antagonist, Synergist, Fixator (Functions during movement)
Types of Contraction

Joints of the Body
Types
Features for support ie ligaments, tendons
Knee Joint- Disorders and Injuries

Energy Systems
3 energy systems- features and limitations
Application of each to sport performance

Cardiovascular System
Anatomy of the Lungs and Heart
6 Measures of Heart Health (typical values)
What adaptations do these measures have with aerobic training
Path of Oxygen and Blood in the body - Flow Chart

Biomechanics and Motor Development
Phases of Movement
Principles of Biomechanics
Newton's 3 Laws
Stages of Learning a Skill
Types of Levers

Nutrition
Carbohydrates, Fats and Proteins
RDA and importance to the body
BMR

Drugs in Sport
Key Drugs - physical benefits and possible side effects

Jan 11-2:54 PM

PSK 4U Introductory Kinesiology

Students are reviewing notes and tests to prepare for the exam. Their exam consists of 70 multiple choice and a choice of 3 out of 4 long answer application questions.

In small groups of 3 or 4

Please have students create an exam application question that may appear on this year's exam.

Questions should include 15 separate points as an answer and involve facts for knowledge and understanding but also the application of these facts to how they influence the performance of an athlete.

Questions will cover the topics of Nutrition, Drugs in Sport, Motor Development, Biomechanics, Muscles, Bones, Joints and The Cardiovascular System.

In the last 20 min of class;
Students will collaborate and hand in a sheet of the 5 best questions they have created. If 2 of the questions are similar to my exam question, I will specifically tell them it is on the exam.

Jan 11-2:59 PM